

## **POSITIVE STRESS REDUCERS**

- 1. Recognize and identify what is causing you stress.**
- 2. Change your daily routine--try something new.**
- 3. Learn and practice relaxation skills.**
- 4. Watch your weight and your diet.**
- 5. Exercise regularly.**
- 6. Get enough sleep.**
- 7. Develop more interests, activities, and relationships.**
- 8. Set reasonable expectations and goals.**
- 9. Learn to say "NO" politely when you don't want to do things.**
- 10. Learn to accept things you can't change or have no control over.**
- 11. Don't blame other people for your problems. Be in control of your own life.**
- 12. Don't procrastinate--do things when they should be or as they need to be done.**
- 13. Do volunteer work.**
- 14. Avoid unnecessary competition--don't compare yourself to others all of the time.**
- 15. Choose friends who enjoy things you enjoy and have the same values.**
- 16. Look for the humor in stressful situations.**
- 17. Write down the things that frustrate you, then identify ways to reduce the frustration or stress.**
- 18. Talk to someone about your stressors.**
- 19. Pick an activity you enjoy doing, and do it when you feel distressed.**
- 20. Practice relaxation techniques.**
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